



City of Carlsbad Parks & Recreation



# Aquatics



## Summer Swim Lessons

Monroe Street Pool \* 3401 Monroe Street \* 760-602-4685

### CLASSES

Registration Fee: \$50 R / \$70 NR (10 class session)

Registration Fee: \$25 R / \$35 NR (5 class session)

Weekday Sessions (Mon-Fri): 6/18-6/29 • 7/2-7/13 • 7/16-7/27 • 7/30-8/10 • 8/13-8/24										
TIME	9:00	9:35	10:10	10:45	11:20	11:55	12:30	4:00	4:35	5:10
Parent Infant/Tot				●					●	
PSA I		●			●					●
PSA II	●		●		●			●		●
PSA III		●			●				●	
Level 1	●		●					●		
Level 2	●	●		●	●			●		●
Level 3	●	●	●	●				●	●	
Level 4		●	●	●	●				●	●
Level 5		●	●	●				●		
Level 6			●						●	
Adult/Teen										●
Springboard Diving				●	●					
Individualized					●	●				

Saturday Sessions: 6/23-7/21 • 7/28-8/25					
TIME	10:15	10:50	11:25	4:05	4:40
Parent/ Infant/Tot		●			●
PSA I	●			●	
PSA II	●		●		●
PSA III		●		●	
Level 1		●	●		
Level 2	●		●		
Level 3	●	●	●		
Level 4		●	●		
Level 5	●				

### Parent and Child Aquatics

Age: 6 MO. – 3 YR

#### Parent Infant/Tot

Experiences and activities teach children to feel comfortable in the water.

#### Preschool Aquatics Age: 3-5 YR

**PSA 1** orients children to the aquatic environment, helps them gain basic skills.

**Parent participation required.**

**PSA 2** children gain greater independence in skills, develop more comfort in and around water. **Parent participation required.**

**PSA 3** start to gain basic swimming propulsive skills and be comfortable in and around water.

### Learn to Swim Age: 5–15 YR

**Level 1** – Intro level begins developing positive attitudes, good swimming habits and safe practices in and around water.

**Level 2** – Fundamental Aquatic Skills including learning how to float without support and to recover to a vertical position.

**Level 3** – Stroke Development builds on Level 2 skills by providing additional guided practice in deeper water.

**Level 4** – Stroke Improvement develops confidence in strokes learned in Level 3, improves other aquatic skills.

**Level 5** – Stroke Refinement provides coordination and refinement of strokes.

**Level 6** – Advanced Swim refines strokes to swim with ease, efficiency, power and smoothness over greater distances.

**Adult/Teen** – No minimum skills. Semi-individualized instruction for beginners through Level 4 swim ability, taught in group settings.

### Springboard Diving Age: 6 and up

Learn the basic fundamentals of diving. Must be able to swim one length of the pool using front crawl.

MORE INFO: 760-602-4685

[www.carlsbadconnect.org](http://www.carlsbadconnect.org)



**REGISTER  
NOW!**

MONROE STREET POOL

# SWIM LESSON INFORMATION SHEET

**1. How do I know which class to register for?**

The age level, prerequisite skills and class objectives for each class are listed in our brochure and at [www.carlsbadconnect.org](http://www.carlsbadconnect.org). By reading through the class description, you can determine what levels of classes are needed. If you have any questions, please ask a staff member. In helping you make a selection we consider age, previous lessons and skills that have been mastered. If still in doubt call ahead and visit the Monroe Street Pool to have a staff member test your child. If child is under 5, parents need to be prepared to go in the water.

**2. Can I watch the lessons?**

Yes, spectators may watch from the bleachers or picnic table area. If your child is distracted by your presence, the instructor may ask you to move further away. Some children learn faster if parents are not present. Please let the instructor do his or her job without interruption during the brief time your child is here. Also, please do not allow children to play in the bleacher area.

**3. What should we wear?**

Bathing suites are required. No “cut-offs” or shorts are allowed. We ask that no T-shirts be worn during lessons, as they can be a hazard. Bathing caps or ponytails are optional, but highly recommended. For Level 3 and above lessons, goggles are highly recommended. Please bring your own goggles and swim diapers or money to purchase them.

For parent-infant/tot lessons, swim diapers or plastic pants are required on the children.

**4. Are there changing rooms and storage areas?**

The locker rooms are available for changing and showering. Lockers are available if you bring your own lock and remove it daily. Bag check service is not available during lessons. Please leave valuables at home!

***\*A note to parents: it is illegal for children age 7 and older to go through the opposite sex bathroom/locker room. Should you need help with walking your child out to the pool deck one of our staff members will be able to help you.***

**5. What is the student/instructor ratio? Who are the volunteers and what do they do?**

The instructors to student ratios vary by the type of class. The Parent-Infant and Parent-Tot classes are one instructor for 12 parent-child pairs, Preschool Aquatics classes have one instructor for 5 students and Learn-To-Swim classes have one instructor for 8-10 students. PSA 1 & 2 classes need the parent available to go in the water. With PSA 2 you and the instructor will assess the value of you continuing to get in the pool after the first few of classes.

Volunteers can be a greater help to the instructor and help improve quality and safety. They must be 11 years of age or older and be able to perform the skills taught in our Level 4 class.

**PLEASE NOTE:**

**Children under 10 years of age must be accompanied by a responsible adult at all times.**

**No child under 10 shall be left unsupervised at the facility.**